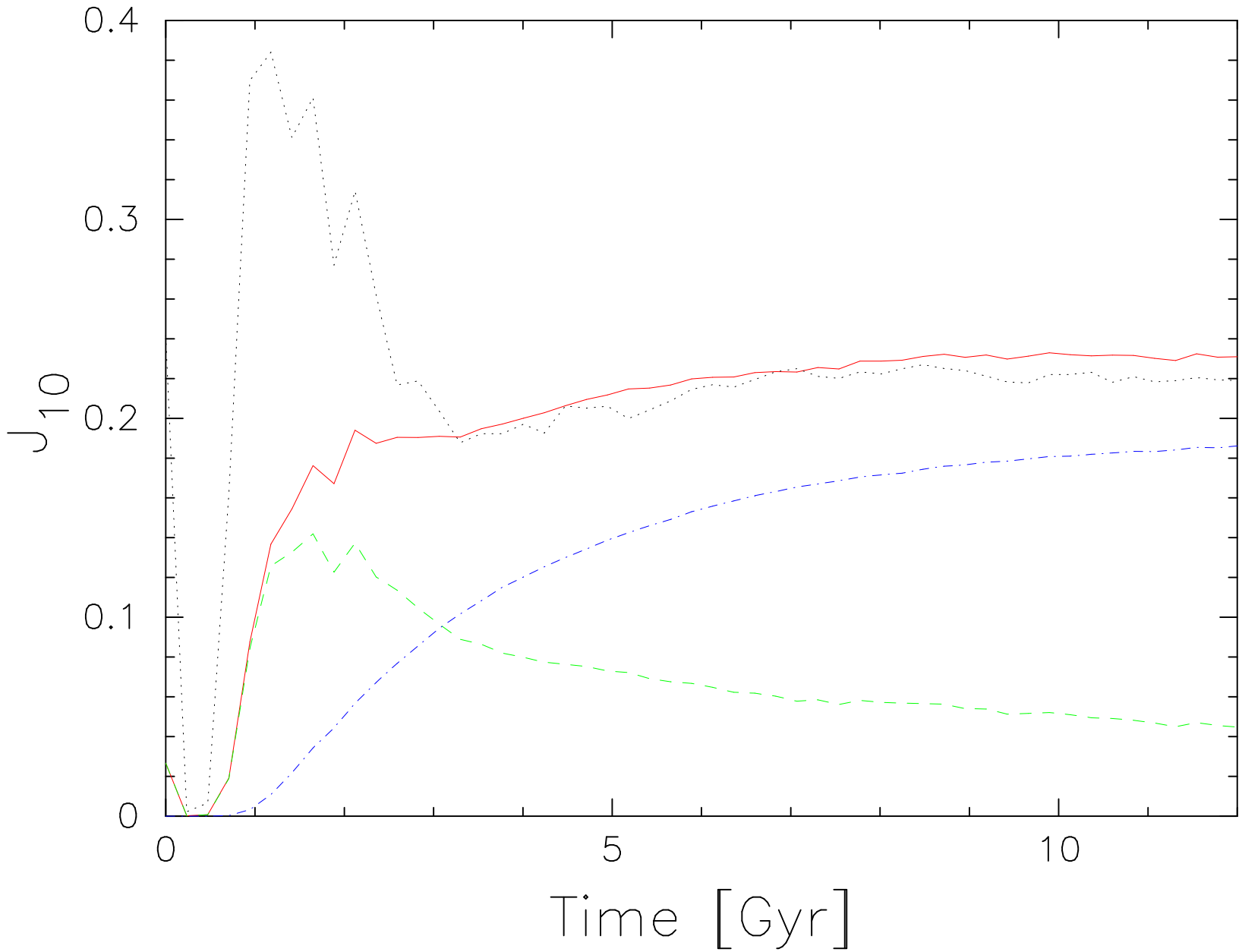
0.4
0.3
0.2
0.1
0
J_{10}
0
5
10
Time [Gyr]